

Fresh Mixed Fruit Cup

Makes: 100 Servings

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Ingredients	Weight	Measure
Apples, fresh, AP	3 lb + 2 oz	9 cups
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Bananas, fresh, AP	5 lb + 2 oz	7 cups
Fruit Cocktail, light syrup		1 #10 can

Directions

1. Chill cans of fruit cocktail. Wipe tops of cans clean before opening.
2. Using gloved hands, wash, trim, core and cut the apples into bite-sized pieces. Do not peel apples.
3. Slice bananas.
4. Mix fresh fruit with canned fruit.
5. Chill thoroughly. CCP: Hold for cold service at 41° F or lower

Source: Recipes for Healthier Kansas Menus-Breakfast – Child Nutrition & Wellness, Kansas State Department of Education

Nutrition Information

Nutrients	Amount
Calories	46
Total Fat	N/A
Saturated Fat	N/A
Cholesterol	N/A
Sodium	2 mg
Total Carbohydrate	12 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	N/A
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

